

Statistics Report 35190, Salmon, red (sockeye), filets with skin, smoked (Alaska Native) [a](#)
Report Date: July 16, 2017 05:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	23.93	2	--	21	26.86	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Energy	kcal	345	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	1445	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein 1 2	g	60.62	2	--	56.94	64.31	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Total lipid (fat) 1 2	g	11.43	2	--	11.03	11.83	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Ash 1 2	g	6.19	2	--	5.11	7.26	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

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Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Minerals													
Calcium, Ca 1 2	mg	58	2	--	34	81	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Iron, Fe 1 2	mg	1.06	2	--	0.73	1.4	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Magnesium, Mg 1 2	mg	58	2	--	51	64	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Phosphorus, P 1 2	mg	650	2	--	570	730	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Potassium, K 1 2	mg	960	2	--	940	980	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Sodium, Na 2	mg	51	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Zinc, Zn 1 2	mg	1.14	2	--	0.88	1.4	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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Copper, Cu 1 2	mg	0.148	2	--	0.15	0.15	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Manganese, Mn 1 2	mg	0.051	2	--	0.04	0.07	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Selenium, Se 1 2	µg	76.0	2	--	72	80	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Thiamin 1 2	mg	0.494	2	--	0.42	0.56	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Riboflavin 1 2	mg	0.543	2	--	0.08	1.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Niacin 1 2	mg	22.750	2	--	22	23.5	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Pantothenic acid 1 2	mg	2.745	2	--	2.49	3	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin B-6 1 2	mg	0.816	2	--	0.54	1.09	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Folate, total 1 2	µg	9	2	--	4	14	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food 1 2	µg	9	2	--	4	14	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total 2 3	mg	223.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine 2 3	mg	6.8	2	--	6.5	7.1	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin B-12 1 2	µg	18.10	2	--	14.3	21.9	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin A, RAE	µg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Retinol 1 2	µg	31	2	--	30	32	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin A, IU	IU	103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

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Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin E (alpha-tocopherol) 1 2	mg	1.20	2	--	0.63	1.78	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Tocopherol, beta 1 2	mg	0.03	2	--	0	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Tocopherol, gamma 1 2	mg	0.03	2	--	0	0.06	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Tocopherol, delta 1 2	mg	0.03	2	--	0	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin K (phylloquinone) 1 2	µg	0.0	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Lipids													
Fatty acids, total saturated	g	2.593	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
8:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
10:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
12:0 1 2	g	0.004	2	--	0	0.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1 2	g	0.375	2	--	0.37	0.38	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
15:0 1 2	g	0.050	2	--	0.05	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
16:0 1 2	g	1.760	2	--	1.66	1.86	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
17:0 1 2	g	0.070	2	--	0.04	0.1	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:0 1 2	g	0.330	2	--	0.33	0.33	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:0 1 2	g	0.005	2	--	0	0.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
24:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	4.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated 1 2	g	0.370	2	--	0.34	0.4	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
17:1 1 2	g	0.045	2	--	0.04	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated 1 2	g	2.175	2	--	2.13	2.22	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:1 1 2	g	0.860	2	--	0.85	0.87	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated 1 2	g	0.540	2	--	0.52	0.56	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
24:1 c 1 2	g	0.035	2	--	0	0.07	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Fatty acids, total polyunsaturated	g	3.469	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated 1 2	g	0.185	2	--	0.18	0.19	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated 1 2	g	0.130	2	--	0.1	0.16	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 1 2	g	0.145	2	--	0.12	0.17	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c 1 2	g	0.030	2	--	0.03	0.03	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:3 undifferentiated 1 2	g	0.030	2	--	0.03	0.03	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated 1 2	g	0.185	2	--	0.18	0.19	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:5 n-3 (EPA) 1 2	g	0.905	2	--	0.9	0.91	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
21:5 1 2	g	0.025	2	--	0.02	0.03	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:4 1 2	g	0.005	2	--	0	0.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) 1 2	g	0.310	2	--	0.28	0.34	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:6 n-3 (DHA) 1 2	g	1.520	2	--	1.42	1.62	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Cholesterol 1 2	mg	155	2	--	141	168	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9i, 2005 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8g, 2004 Beltsville MD

Footnotes

^a If no salt added during smoking process, sodium = 51 mg/100 g edible portion.